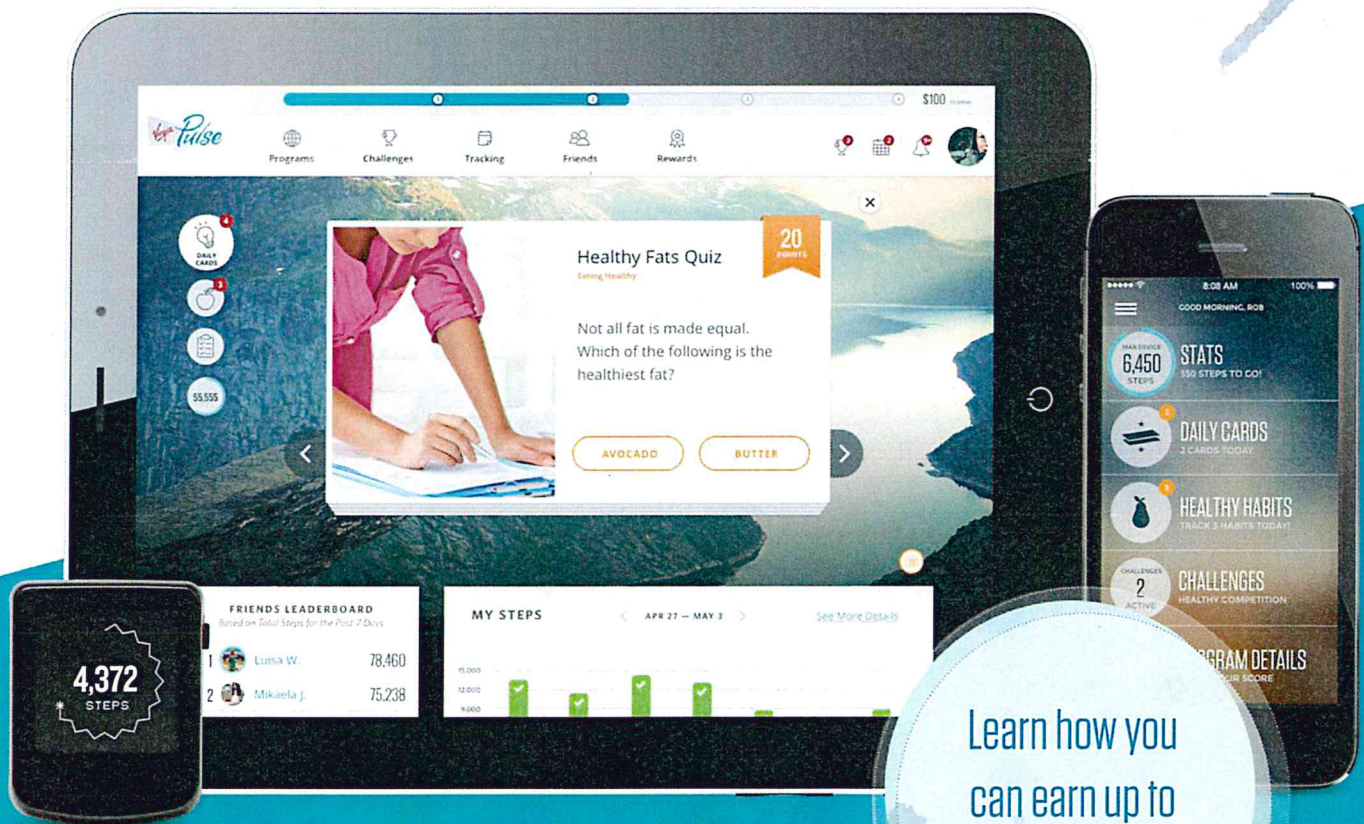




# IT'S YOUR TIME TO THRIVE.

The Virgin Pulse well-being program gives you the tools to get active, get healthy, and get rewarded.



Learn how you can earn up to **\$300 annually!**

## What You'll Do

- ➔ Register for your Virgin Pulse account.
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities, like getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Check in by taking health measurements like weight and blood pressure.
- ➔ Take part in challenges with friends, discover healthy tips, and more.
- ➔ Get rewards for the healthy things you do!



# Your rewards

It's easy to earn points by making healthy decisions. The more you make, the more you earn. Here's how your points translate into rewards!



	Level 1	Level 2	Level 3	Level 4
<b>POINTS EARNED</b>	6,000	20,000	45,000	68,000
<b>REWARDS</b>	\$25	\$75	\$100	\$100

## How to Earn Points

<b>Activity</b> Upload steps from your activity tracker (Max, Fitbit, Misfit Shine, VP Mobile)	<b>DAILY</b> (up to 140 Points/day)	Per 1,000 steps 15 or more active minutes 30 or more active minutes 45 or more active minutes	10 Points 70 Points 120 Points 140 Points
	<b>MONTHLY</b>	Take 7,000 steps 20 days in a month Take 10,000 steps 20 days in a month	400 Points 500 Points
<b>Measurements</b> Self-entered measurements	<b>MONTHLY</b>	Enter your measurements (weight and/or blood pressure) Ideal or improved body mass index Ideal or improved blood pressure Take validated measurements	50 Points 150 Points 150 Points 250 Points
	<b>DAILY</b> (up to 30 Points/day)	1 entry	10 Points
	<b>DAILY</b>	Complete card (2/day)	20 Points
<b>Cards</b> Complete	<b>MONTHLY</b>	Complete 10 daily cards in a month Complete 20 daily cards in a month	100 Points 200 Points
	<b>MONTHLY</b>	Create a personal challenge Join a personal challenge Join the Company Challenge Achieve the promoted Healthy Habit for 5 of 7 days	50 Points 100 Points 100 Points 200 Points
<b>More!</b>	<b>ONE-TIME</b>	Registration Complete profile Connect activity device Add a profile picture First 5 friends First login to mobile app Set a wellbeing goal	250 Points 250 Points 250 Points 100 Points 250 Points 250 Points 200 Points
	<b>QUARTERLY</b>	Set interests	400 Points



**Sign up now at** [join.virginpulse.com/spalding](http://join.virginpulse.com/spalding)

Already a member? Login at [member.virginpulse.com](http://member.virginpulse.com)

**Questions?** Contact Member Services at 888-671-9395

